Base Menu Spreadsheet

Jefferson City School District

Portion Values

Dec 1, 2026 thru Dec 22, 2026

Menu Name: Middle School Breakfast

Include Cost: No

Site:

Use Alternate Menu Name: Alternate Menu Name 1

Tuesday - 12/01/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000504 Biscuit Sandwich	1 Sandwich	1	29.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			126.19
% of Calories			53.8%
Weekly Nutrient Guideline			

Wednesday - 12/02/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990191 Mini Waffle	1 Pkg	1	37.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45

000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			134.19
% of Calories			77.3%
Weekly Nutrient Guideline			

Thursday - 12/03/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	37.94
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			135.12
% of Calories			64.8%
Weekly Nutrient Guideline			

Friday - 12/04/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000664 Long John Donut	1 Donut	1	52.17
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			149.36
% of Calories			72.9%
Weekly Nutrient Guideline			

Monday - 12/07/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000566 Scrambled Eggs & Toast	4oz Egg, 1Toast	1	15.40
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			112.59
% of Calories			68.3%
Weekly Nutrient Guideline			

Tuesday - 12/08/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990350 English Muffin Sandwich	1 Sandwich	1	26.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			123.19
% of Calories			56.7%
Weekly Nutrient Guideline			

Wednesday - 12/09/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000891 Pancake Stick	1 Stick	1	17.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			114.19
% of Calories			67.8%
Weekly Nutrient Guideline			

Thursday - 12/10/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	37.94
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			135.12
% of Calories			64.8%
Weekly Nutrient Guideline			

Friday - 12/11/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990387 Mini Donuts	6 Donuts	1	37.50
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			134.69
% of Calories			68.7%
Weekly Nutrient Guideline			

Monday - 12/14/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990231 Scrambled Eggs in Flatbread	1 Flatbread	1	29.43
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			126.62
% of Calories			59.5%
Weekly Nutrient Guideline			

Tuesday - 12/15/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990169 Croissant Sandwich	1 Sandwich	1	33.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			130.19
% of Calories			67.1%
Weekly Nutrient Guideline			

Wednesday - 12/16/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990367 Mini Pancakes	1 Pkg	1	33.67
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			130.85
% of Calories			77.2%
Weekly Nutrient Guideline			

Thursday - 12/17/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	37.94
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			135.12
% of Calories			64.8%
Weekly Nutrient Guideline			

Friday - 12/18/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
001001 Breakfast Bun	1 Bun	1	40.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			137.19
% of Calories			71.8%
Weekly Nutrient Guideline			

Monday - 12/21/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990066 Manager's Choice	PKG	1	*N/A*
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			97.19
% of Calories			80.3%
Weekly Nutrient Guideline			

Tuesday - 12/22/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990105 EARLY RELEASE DAY	1/2 Day	1	*N/A*
990178 Muffin	1 Muffin	1	30.75
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			127.94
% of Calories			74.3%
Weekly Nutrient Guideline			

		Carb (g)
Weighted Averages		128.11
% of Calories		67.3%

N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
**** - denotes combined nutrient totals with either missing or incomplete nutrient data***
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.